



The Gathered Green

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SAUTEED SILVERBEET WITH BACON & PINE NUTS

Thank you to allrecipes.com.au for their inspiration towards this easy and tasty recipe:

Ingredients

Serves 4 to 5

- 2 tablespoons pine nuts (roasted)
- 4 rashers of bacon chopped (rind removed).
- 2 tablespoons butter
- 3 tablespoons fresh lemon juice
- ½ teaspoon crushed garlic
- 1 bunch silverbeet, stems removed, leaves cut into 1-inch thick
- Salt and pepper to taste.





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Method

Heat a large sauté pan on medium-high heat and add pine nuts. Toast them until they are fragrant and begin to brown. Stir or toss frequently to ensure they don't burn. Once toasted, remove pine nuts from pan and set aside.

Place the chopped bacon into the heated sauté pan and cook until brown and crispy. Remove from pan and set aside with pine nuts.

Reduce heat of sauté pan to medium. Add butter. Stir in the lemon juice and garlic paste. Add the silverbeet. When the leaves begin to wilt, place a cover on the pan and increase heat to medium-high. Cook, covered, for 4 minutes.

Remove silverbeet from heat, sprinkle with toasted pine nuts and bacon, and season with salt and pepper.

Enjoy!

Jane

